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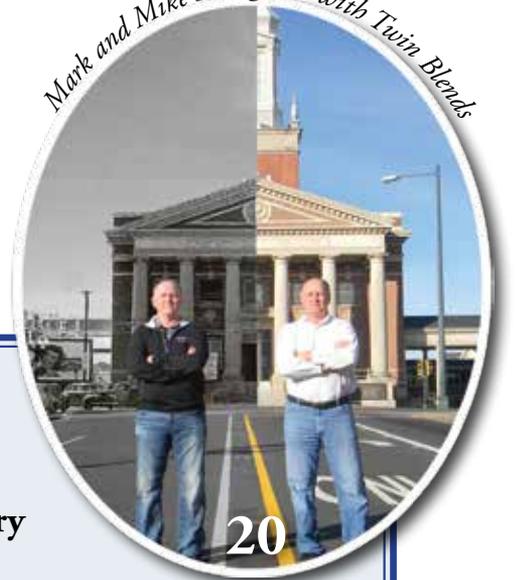


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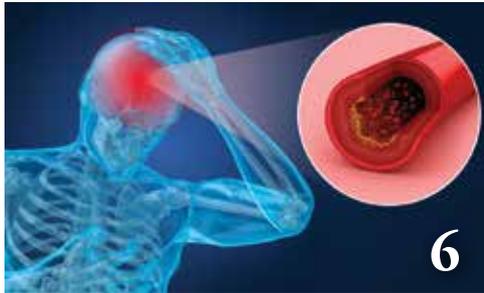
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Mark and Mike Mangham with Twin Blends



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SEPTEMBER 3

The Strand Theatre 2022 - 2023 Season

Strand Executive Director Jenifer Hill and Board Member Jodi Glorioso

SEPTEMBER 17

Single Brain Scan Can Diagnose Alzheimer's Disease Quickly and Accurately

Dr. Henry Mahncke, CEO of BrainHQ

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Having Financial Conversations with Your Adult Children

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SEPTEMBER 24

Shreveport Symphony Orchestra 2022 - 2023 Season

Michael Buttermann, conductor and music director

OCTOBER 1

COVID May Reduce Longevity in Persons Over 50

Florence Comite, MD with Yale School of Medicine

Broadcasting every **Saturday** morning **9:05 to 10 a.m. on News Radio 710 KEEL**, a Townsquare Media radio station in Shreveport.

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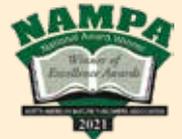
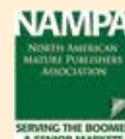
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On the Cover

Mark (left) and Mike Mangham of Twin Blends Photography "break" down the "walls" between the past and the present. Here they are shown with former Mayor of Shreveport Ernest Bernstein (1906-1908) and his family. (Vintage portion of photo courtesy of NWLA Archives at LSUS)



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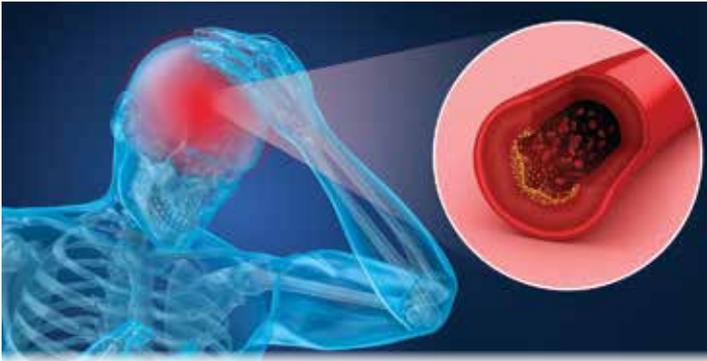
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Mail to 2022 Senior Day Expo, P. O. Box 19510, Shreveport, LA 71149 or email above information to seniordayexpo@gmail.com with subject line "Registration". Deadline: October 24, 2022.



Stat!

Medical News & Info



A Healthy Lifestyle Can Offset a High Genetic Risk for Stroke

People who are genetically at higher risk for stroke can lower that risk by as much as 43% by adopting a healthy cardiovascular lifestyle, according to new research led by UTHealth Houston, which was published in the *Journal of the American Heart Association*. The study included 11,568 adults from ages 45 to 64 who were stroke-free at baseline and followed for a median of 28 years. The levels of cardiovascular health were based on the American Heart Association's Life's Simple 7 recommendations, which include stopping smoking, eating better, getting activity, losing weight, managing blood pressure, controlling cholesterol, and reducing blood sugar. The lifetime risk of stroke was computed, with people who had more genetic risk factors linked to the risk of stroke scoring higher. The study found that regardless of the level of genetic risk of stroke, those who had practiced optimal cardiovascular health lowered that risk by 30% to 45%. That added up to nearly six more years of life free of stroke.

Light During Sleep in Older Adults Linked to Obesity, Diabetes, High Blood Pressure

In a sample of older men and women ages 63 to 84, those who were exposed to any amount of light, whether from a smart phone or pad, leaving a TV on overnight or light pollution in a big city, while sleeping at night were significantly more likely to be obese, and have high blood pressure and diabetes compared to adults who were not exposed to any light during the night, reports a new Northwestern Medicine study that was published in the journal *SLEEP*. Study investigators were surprised to find that less than half of the study participants consistently had a five-hour period of complete darkness per day. The rest of participants were exposed to some light even during their darkest five-hour periods of the day, which were usually in the middle of their sleep at night. Researchers offered tips to reduce light during sleep:

1. **Don't turn lights on.** If you need to have a light on (which some need for safety), make it a dim light that is closer to the floor.
2. **Color is important.** Amber or a red/orange light is less stimulating for the brain. Don't use white or blue light and keep it far away from the sleeping person.
3. **Blackout shades or eye masks** are good if you can't control the outdoor light. Move your bed so the outdoor light isn't shining on your face.



Down on Vitamin D? It Could be the Cause of Chronic Inflammation

Inflammation is an essential part of the body's healing process. But when it persists, it can contribute to a wide range of complex diseases including type 2 diabetes, heart disease, and autoimmune diseases. Now, genetic research from the University of South Australia shows a direct link between low levels of vitamin D and high levels of C-reactive protein, expressed as inflammation, providing an important biomarker to identify people at higher risk of or severity of chronic illnesses with an inflammatory component. The lead researcher says the findings suggest that boosting vitamin D in people with a deficiency may reduce chronic inflammation.

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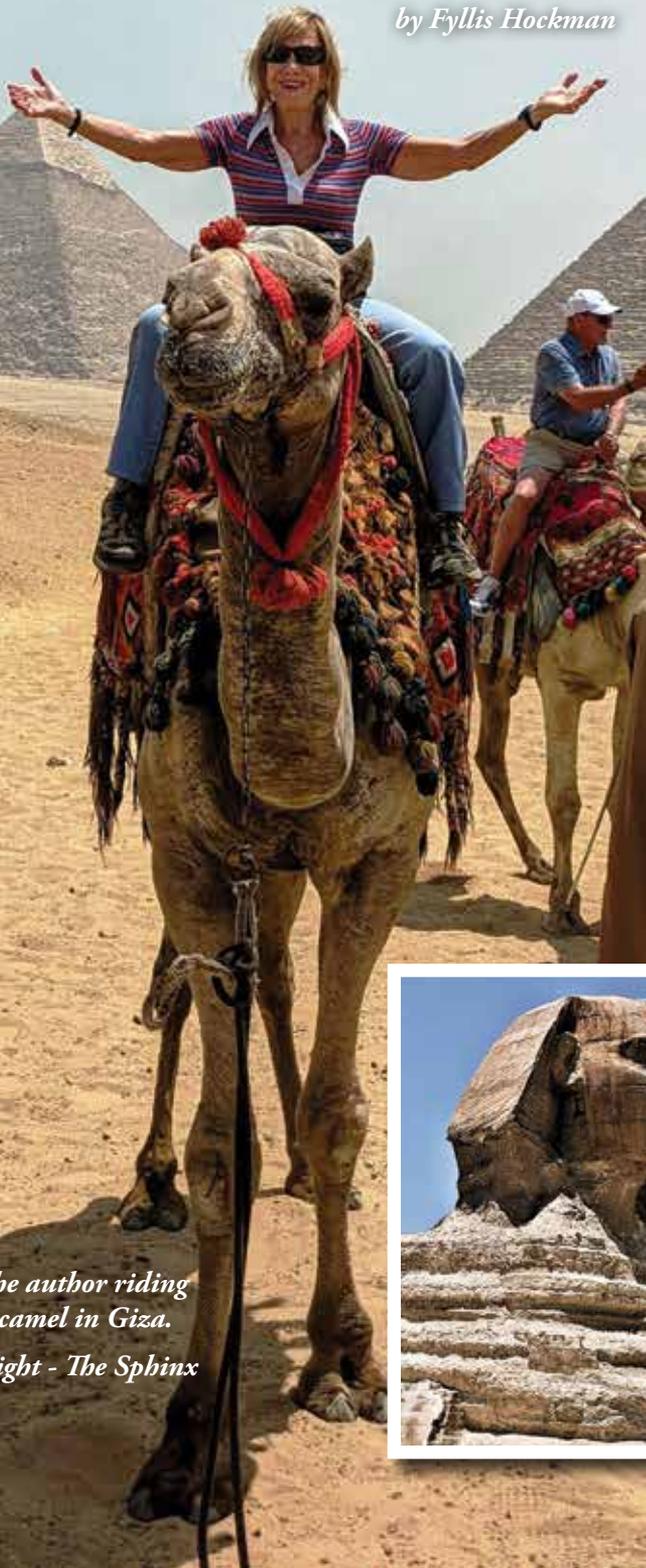
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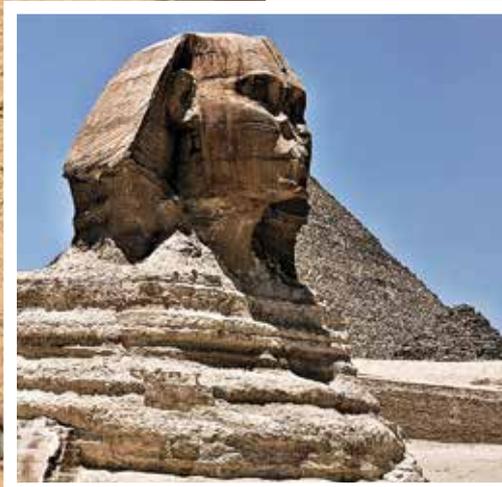
6000 Years of History Come Alive Throughout the Country

by Fyllis Hockman



*The author riding
a camel in Giza.*

Right - The Sphinx



I'm in Cairo, Egypt on a hotel balcony overlooking the Nile River, a fantasy land I've heard about my whole life – and I'm here. I needed to take a minute – and revel in that. And recognize that thanks to Overseas Adventure Travel's (OAT) Ancient Egypt and the Nile River Tour, I was about to begin a magical journey through 6000 years of history. And then accept the hard truth. How do you recapture 6000 years of history in 900 words, the social media-inspired limited attention span requirement that travel editors now impose on their writers? Usually my articles weave a story; this one's not going to. I think all I can do is let you experience a little bit of Egypt the way I did.

Consider first a stop at the Egyptian Museum as an introduction to the many iconic sites across the country -- the actual tombs, crypts, statues and pyramids that belie belief and challenge the imagination – that you are about to see

Amid miles of monochromatic monotony lies Sakkara, a sprawling complex of temples, pyramids and crypts. The largest of the many tombs is the Step Pyramid of King Zoser, the first pyramid to ever be built in 2650 B.C.E. and remains the oldest stone structure in the world.

The statue of Ramses II in Memphis, dating back 3200 years, is also of an intimidating size – about 36 feet tall, and that's with his legs cut off. Egyptian antiquity is by definition big, overwhelming, powerful and very old. Ramses, Egypt's longest reigning pharaoh and its most prolific builders of temples, served for 67 years. More impressive though, I thought, were his 55 wives and 115 children....

The Valley of the Kings, located outside Luxor, takes you deeper into the tombs of the most famous of Egypt's rulers. Initially, the older tombs were ransacked, so that stressed-out pharaohs later decided to build their own tombs in this protected area, where the new tombs were chiseled deep into the sides of desolate cliffs. Because they had been sealed for so long, the walls have retained colors so vibrant as to look freshly painted and deeply etched carvings depicted in hieroglyphic symbols describing the journey to the afterlife still visible as if recently crafted.

Fortunately, our guide, Hussien, speaks fluent hieroglyphics and could read the walls like a storybook. Thus we learned of the royal lives of the kings and everyday lives of the villagers

from 5000 years ago. Sort of ironic that our country celebrates the historic lives of the colonists who lived 250 years ago in Williamsburg. Perspective, anyone?

Pyramids. Always a fanciful figment far away and so long ago – but nothing I could personally relate to. Until now, when I was actually standing on one of the huge boulders of which it was made. The fact that it was even made of huge boulders seemingly randomly thrown together was nothing I could have imagined before.

Mountains moved and reshaped to the ego of one person, depleting the physical and economic resources of the current city

to ensure the pharaoh's safe journey into his next along with all the accoutrements – jewelry, foodstuffs, furniture, chariots, weapons – he has acquired.

The Pyramids of Giza define Egypt. No matter what else you see, all of which will be astounding, this probably will be where your mind's eye returns whenever you look back on the trip. The Great Pyramid, at 480 feet tall and built more than 4500 years ago, is the last of the Seven Ancient Wonders of the World to still stand. Again, the colors embedded in the greater than life-size paintings seemingly shine.

I could literally see each of the 2-3 million huge boulders placed round the clock over a 20-year span and could imagine the 10,000 workers sweating and panting from strain to create this monstrous edifice in honor of the pharaoh Khufu. Did I mention the stones were brought in from limestone quarries 20 miles away?

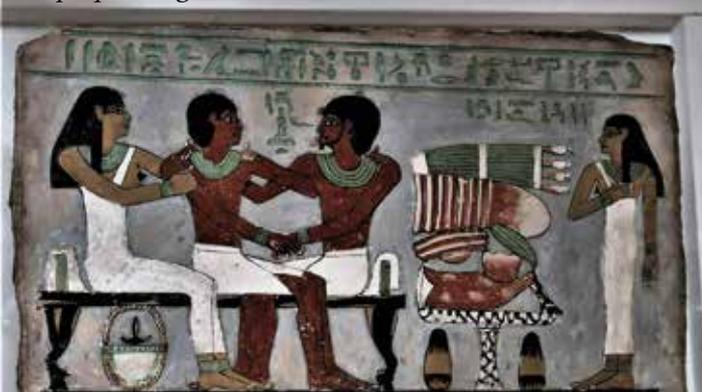
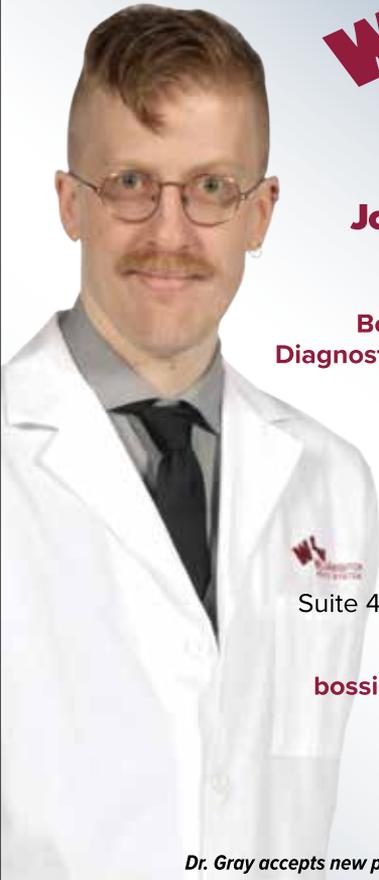
From afar, the surface of the pyramid looks smooth. As you get closer, you can see the enormity of each stone, several feet in diameter, carefully placed beside and atop the other. As I climbed newly embedded stairs onto the pyramid itself, I wondered if Khufu would take offense... I might add that to look at the pyramids from atop a camel added a whole new level of authenticity not usually associated with standard sightseeing options.

I was pretty sure I wasn't going to be impressed by the size of anything else anytime soon. And then we came to the Sphinx -- the inscrutable and mysterious Sphinx, equally as old, carved from almost one piece of limestone, seemingly part of the mountain itself. The head of a man and the body of a lion represent the combination of intelligence and strength attributed to the pharaohs. "Take some time to revel in the history embedded in every block of stone and the incomprehensible size of each structure standing tall in the desert sand," admonished Hussien.

The tour took a deeper dive into other famous temple complexes as well as a much-deserved emphasis on Egyptian life-style and culture. And still, archaeologists in Egypt announced mid-May that they had uncovered yet another trove of ancient artifacts at the necropolis of Sakkara, some dating back 2,500 years. I suspect that will continue to be true for quite some time. After all, it's been going on now for 6000 years.

For more information, visit https://www.oattravel.com/trips/small-ship-adventures/middle-east/ancient-egypt-the-nile-river/2021/itineraries?icid=destcmp_egy_lk.

Temple painting

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The Real Energy Crisis

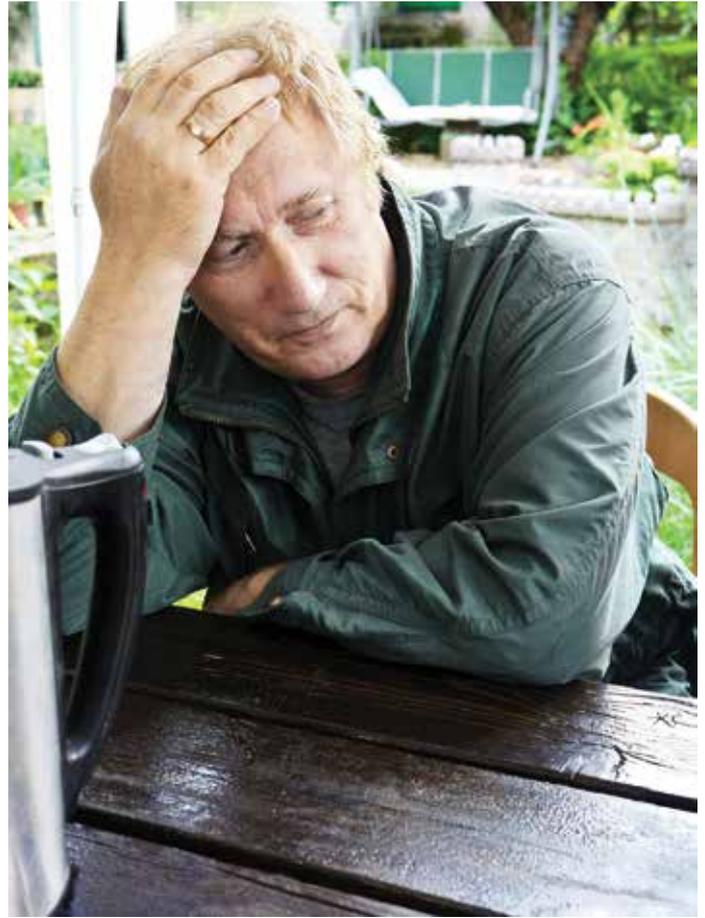
We are told that energy matters; the latest science tells us that fundamentally “we’re energy.” If that is true, we would then be wise to focus much of our attention and resources upon energy. When we begin that focus, we observe that our world is submerged in an enormous ENERGY CRISIS.

This crisis was not created and perpetuated by the big oil companies, automobile manufacturers or by some crown prince or president restricting or expanding export sales. The crisis IS NOT caused by one country invading another. Instead, this is personal; this crisis affects the individual energy of every person living on the planet.

Every minute of every day, we can observe, and witness the crisis playing out on our televisions and devices, in the media, in government institutions, business boardrooms, family living rooms, marital bedrooms, or the checkout line at Wal-Mart.

The damage inflicted on individuals, relationships, families, communities, nations, and the world, because of this energy calamity, is catastrophic, costly beyond calculation, and cancerous. The crisis appears to be worsening with the passage of time. What is causing this? Why are we in this mess? Aren't we creative beings?

Consider the word *Creative*. Through observation, we can



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observe that human beings are indeed creative beings. Notice however that if you move the “c” three letters to the right, the word changes to *Reactive*. Living reactively is quite different from living creatively, and reactive living zaps our energy.

The worst part is that most of us are oblivious to this state of reactivity. Failure to see it and perceive it accurately means that we have little chance of solving it. We are indeed in an energy crisis, but perhaps it’s not exactly what we think it is. Good Lord willing, we will explore this more in the coming months. “Stay tuned!”

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The Bee Who Swam Away

You're on a hunting trip. You see a bald eagle. Do you shoot it? Would it make any difference to you if the bald eagle was about to go extinct? They used to be on the endangered species list, but were taken off in 2007. The idea behind the Endangered Species Act is "Don't shoot the bald eagle." The way the Act works is that there's a list of animals that the government considers to be endangered. You are not supposed to kill any of the animals on that list. (Even though the bald eagle is no longer on the list of endangered species, don't go shooting one. It is still protected by other laws.)

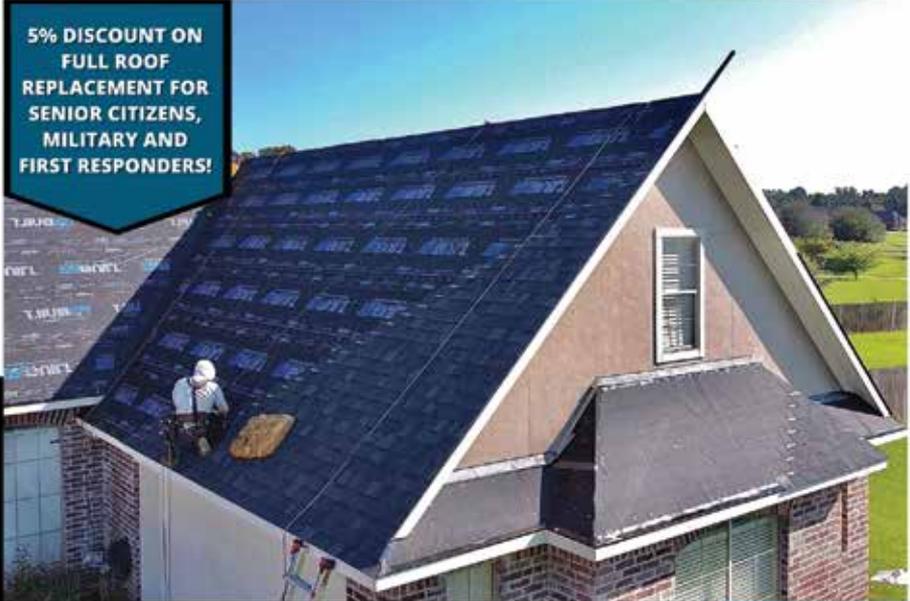
But this article isn't about shooting bald eagles. Instead, I want to talk about bees. California, which has an endangered species list of their own, decided that they wanted to add bees to their list. Not all bees. California wanted to protect, and I'm not making these names up, the Crotch bumble bee and the Cuckoo bumble bee. But adding to the list of California endangered species is no easy task and the case of the bees ended up in court.

Here's the issue: California has a law that allows it to add birds, mammals, fish, amphibians, reptiles and plants to the list of California endangered species. (Yes, you read that right: plants can be an endangered species.) But a bee isn't any of



those things. It's an insect. Therefore, the argument goes, California shouldn't be able to put the bee on the list.

But the lawyers for the government came up with an argument that could either be considered genius or ludicrous. The government lawyers claimed that bees are fish. Normally they would have been laughed out of court, but this is California. The government lawyers showed the judge the legal definition of fish: "wild fish, invertebrates, amphibians and crustaceans." Then the government lawyers put a bunch of zoologists on the witness stand and they all testified that "invertebrate" means without a backbone and that neither Crotch bumble bees nor Cuckoo bumble bees have backbones. So here's what the lawyers were asking the judge to say: these bees don't have



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backbones, therefore they are fish, and the government therefore has authority to put fish on the endangered species list.

If you were the judge, what would you do? In this real-life case, the judge didn't buy it and said bees couldn't go on the list. So the government appealed. The appellate court said, "We generally give words their usual and ordinary meaning." But when the legislature is writing the law, and in the law, they give "a technical definition of a word," then judges are stuck. They have to use the technical definition written by the legislature rather than a word's "usual and ordinary meaning."

Then the appellate judges looked at all of the other animals (and plants) on the California Endangered Species list and they found the Trinity bristle snail. This snail is not a bird, mammal, amphibian, reptile nor plant. And it's not a wild fish, amphibian or crustacean. But there it was on the list. How? Because even though this type of snail was in no way an aquatic species, it was an invertebrate. Which helped the appellate judges conclude that the definition of fish has to include non-aquatic invertebrate.

In other words, in California, bees are fish.



Lee Aronson is an attorney in Shreveport, Louisiana, with Gilsoul & Aronson, LLC. His practice areas include estate planning and elder law.



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What's Your Beef? Understanding Beef Labels

Ever wondered what all the packaging and terminology for beef in the grocery store means? With grades, colors, and claims, it can get confusing for us to know what to buy. The USDA beef grades are a widely used language in the world of the beef industry, and they provide key information about what we eat. The USDA hires highly skilled meat graders who assess beef based on various characteristics. Beef also undergoes an assessment with electronic instruments to measure specific qualities. During these assessments, beef is graded on two key factors: the yield grade for the amount of usable lean meat on the carcass and the quality grade for juiciness, flavor, and tenderness. The three

grades of beef that come from these USDA assessments are Prime, Choice, and Select.

When you select Prime grade beef at the store, you are selecting the highest grade of beef available. Prime beef comes from young cattle that are well fed. You may immediately notice the bountiful marbling in a prime cut - this is because beef is graded on tenderness and juiciness. The more fat that is dispersed within beef, the more tender and juicier it will be. Prime beef is generally what is served at hotels and restaurants. Prime steaks and roasts are great choices for cooking using dry-heat methods, like grilling, roasting, or broiling. Choice beef is second in rank to prime because it is high-quality meat but it does have less marbling than



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prime. Choice beef is still very juicy and tender. Choice cuts like roasts and steaks are suitable for dry-heat cooking methods too - just take extra care not to overcook them (a food thermometer can help with this!). Adding a small amount of liquid and braising, roasting, or simmering is also a good technique when working with choice cuts.

Select beef is leaner than prime and choice and is more uniform in quality. It has less marbling, so it may lack the flavor, tenderness, and juiciness of the higher grades. Select beef can still be tender depending on the cut, and only more tender cuts should be cooked with dry heat methods. For other Select cuts, try marinating before cooking to enhance flavor and tenderness.

Does color make a difference when choosing beef at the store? Perhaps not as much as we think it does. The cherry-red surface color that we all look for when choosing beef is very short-lived. The reason color fades quickly is because exposure to store lighting and oxygen turns the red pigment to a brownish-red color. If your beef is brownish red instead of red, this does not mean it is spoiled or inedible. In fact, color changes are normal. If your beef is spoiled, you will likely notice an unpleasant odor and it may be sticky or slimy. Odors, stickiness or sliminess are tell-tale signs that you need to toss it.

How about meats that claim to be antibiotic-free? I'll let you in on a little secret: All meats legally sold in the U.S. are antibiotic-free. In fact, it is against the law to sell beef that contains antibiotics, and beef is tested for presence of antibiotics before it heads to the processor. If the USDA tests beef and finds antibiotics present, the meat is discarded, and the farmer is issued a violation. If a farmer gets more than one violation within a 12-month period, they are put on a "Violator List" that's available on a federal website and can be viewed by the public. Meat processing facilities actively avoid purchasing meat from farmers with any history of violations. If a package of meat has "antibiotic-free" on it, rest assured that

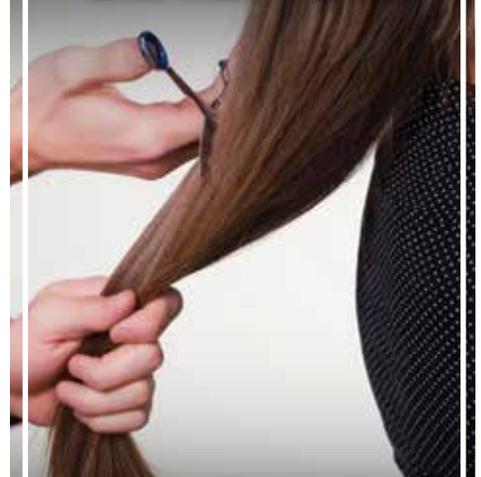
this is simply a marketing tactic that holds no meaning.

Beef cattle farming is one of the oldest agricultural practices in Louisiana, and today there are many Louisiana cattlemen in the industry. Beef is a great source of protein and nine other essential nutrients including Vitamin B12, iron, niacin, Vitamin B6, zinc, selenium, riboflavin, phosphorus, and choline. A three-ounce serving of beef provides 50% of our Daily Value for protein. For heart health and overall health, choose lean beef, cut visible fat before serving, and keep portions in check--three ounces of beef is just what you need for a meal. Support our area cattlemen and purchase local too!

Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.



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One of My Favorite Types of Proceedings

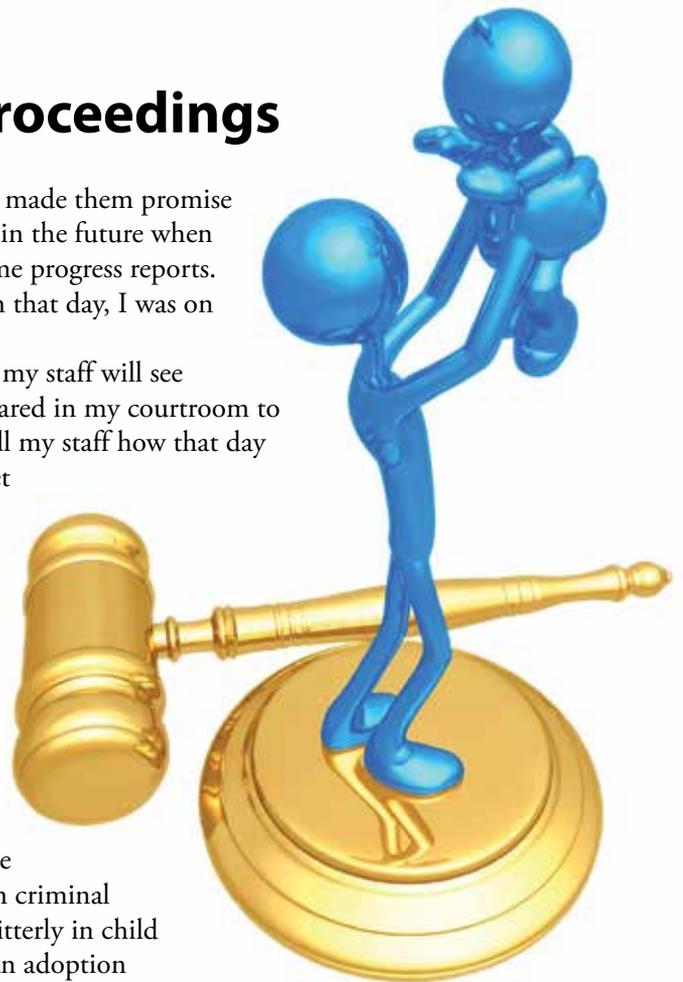
In the last couple of months, I have seen some of the people out in public who have appeared in my courtroom. These people did not appear for criminal court, domestic court, or civil court. They appeared in one of my favorite type of proceedings. They appeared in my courtroom to adopt a child.

I was standing at a service station last week filling up my truck when I saw a young lady of about eleven to twelve years old approaching me. Needless to say, I was wondering why she was headed my way with her mother right behind her. She proceeded to tell me how she had been in my courtroom and had a picture of me with her parents when she was adopted. Her mother told me how happy she was and how she was doing in school. Both of them were smiling from ear to ear as they told me how that day in the courtroom had changed their life. I was able to tell them how thankful I was that they came

by to speak to me and made them promise to always speak to me in the future when they see me and give me progress reports. As I left the gas station that day, I was on cloud nine.

Other times, one of my staff will see people who have appeared in my courtroom to adopt a child. They tell my staff how that day changed their life. I get an update on how the child is doing and I always smile to myself to think that I had only a small moment to play in giving a family such happiness.

So many times in the courtroom, I see horror stories of people hurting their lives with criminal activities or fighting bitterly in child custody cases. When an adoption



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occurs, I get the satisfaction of knowing everyone is walking out of the courtroom in a happy and joyful mood. Parents love to take pictures after the adoption is completed with the judge and grandparents usually are beaming with joy in the back of the courtroom. I wish all court proceedings could go this way.

Adoption of a child is a wonderful process. You see people, who may not have had the opportunity to have a child, get to become parents. You see a child, who may have been an orphan or come from a home that cannot provide for the child, get to be part of a family. Many times, families that adopt children thrive and realize that every moment is precious due to the difficulty of having a child.

If you know a family that is having a difficult time having a child, they may consider adoption. If you know a person who may not be able to care for a child due to circumstances beyond their control, they may consider allowing the child to be adopted by a family. If an adoption takes place, I know that all persons appearing in the courtroom will be happy by the time the proceeding is finished. As I said at the beginning, I wish all courtroom proceedings could be as happy when they are finished.



Judge Jeff Cox is judge of the Louisiana Circuit Court of Appeal for the Second Circuit.

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Review of "The Wild Hunt" by Emma Seckel

Every year, on a small Scottish island, the sluagh (big, creepy crows that travel in packs of threes) descend for the month of October. In the past, the small community's rituals and talismans have kept them at bay, but this year something is different. Not only are the birds restless and more violent, but many people from the island have returned - or in some cases not returned - from war.

Leigh Welles has also recently returned to her childhood island after her father's death. And the tight knit community isn't as welcoming as it once was. They cast Leigh as an outsider because she chose to leave the island for work. Iaian has also recently returned to the island from war. He's not only struggling with survivor's guilt, but mourning the loss of the wife with whom he had a whirlwind relationship and marriage.

But when one of the island boys who attacked one of the sluagh, suddenly goes missing, Leigh joins forces with Iain to look for him, despite the seeming apathy of the other islanders. As they pursue their search, together they uncover dark and supernatural secrets on the island.

I love a good, moody, atmospheric book – especially as autumn approaches – and this one checks all of those boxes.

It also has elements of Mother Nature having a sentient mind of her own, which she turns on the islanders. And all of this is set in mystical Scottish moors. I loved the mythical, supernatural qualities of *The Wild Hunt*. Seckel deftly weaves Celtic legend into the story so seamlessly that it feels like real life.

My one critique is that even though it's meant to be a slow build from reality to unreality, in the beginning it's a bit too slow. In the first quarter of the book, I wondered if the book was worth my time. Fortunately though, once the pace picked up I couldn't put it down. It's a metaphorical stunner.

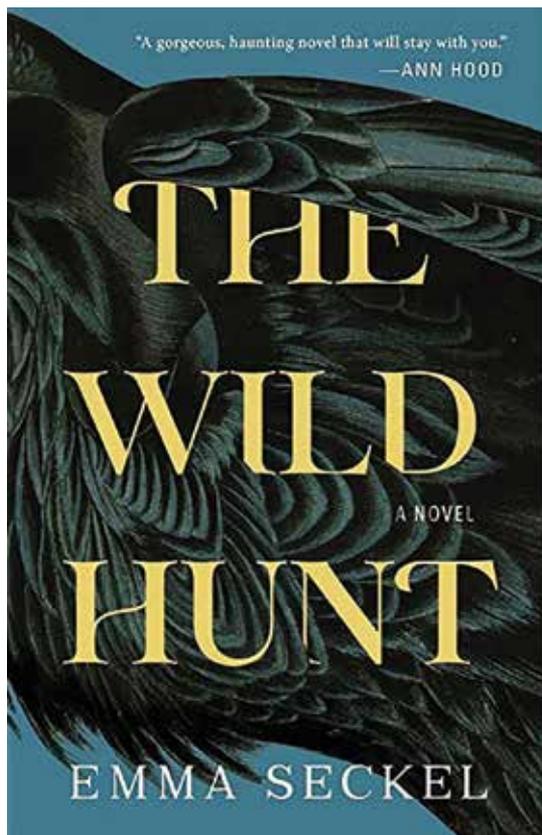
Read this if you liked *The Only Good Indians* by Stephen Graham Jones, *Annihilation* by James Vandermeer, and Alfred Hitchcock's movie *The Birds*.

Also, in the audiobook version, the narrator sets the tone perfectly with her beautiful Scottish lilt.

★★★★

Jessica Rinaudo is a Shreveport-native who works as a writer and editor in Cincinnati, OH. She has a

passion for books and regularly reads, reviews and photographs them on her instagram account, [instagram.com/readbelieveandlove](https://www.instagram.com/readbelieveandlove).



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Twin

Blends: Where the Past & Present Collide

BY SARAH (SALLY) HAMER



Twins Mike and Mark Mangham use multiple tools, such as camera drones, to aid in documenting the past. The image of downtown Shreveport to the right was taken with the help of these drones.



A handshake between present (Lieutenant Michael Lasuzzo) and past (Sergeant Bob Drake).

Their favorite metal-detecting finds are a Civil War U.S. calvary spur that Mike found and a 1872 U.S. military buckle (Indian Wars era) that Mark found.



There are two guys in town who love history. In fact, they're passionate about both history and photography. Why? They're a couple of Louisiana born-and-bred boys who "had a great childhood and seeing the past through photographs reminds us of that," according to Mark Mangham. "We wish we could time travel but, since we can't, finding old photographs and finding out what was going on in each picture is the next best thing. It's like being there."

Mark Mangham, and his twin brother, Mike, are the creative force behind Twin Blends Photography. They started this fascinating hobby when they found photos of their Southern Hills





neighborhood and posted them on the “Remember When” Facebook feature for Southern Hills. In a quest to find more pictures, Mike went to the Northwest Louisiana Archives at LSU and discovered a treasure trove of pictures of all of Shreveport. “That’s when we came across the old stuff from downtown and around Shreveport from the 1900s, and that’s what got us hooked,” Mark said. “We started putting the old photographs next to new ones of the same sites and people loved it.” Then, they tried merging the past with the present and hit pay dirt.

It’s amazing to see the combinations and how the locations come to life. They also use multiple other tools, such as colorization of black and white photos and camera drones to aid in the process of documenting the past.

Too much of the past has disappeared in Shreveport, according to Dr. Gary Joiner, professor at LSU and a local historian. For instance, in the late 1800s, downtown Shreveport



Vintage portion of Twin Blends photos courtesy NWLA Archives at LSU

Top: M. Levy Department Store superimposed on the Petroleum Tower, corner of Texas and Edward Streets

Middle: Municipal City Hall, corner of Milam and Louisiana Avenue

Bottom: Old City Bank Building, corner of Market and Milam Street

was full of huge Victorian houses which stood proudly on block after block. Now, there's not one left, their foundations buried deeply beneath the tall office buildings.

Those tall buildings cover even another layer of old Shreveport. One of the Twins' recent finds is a view of downtown by Robert Menasco as he stood on the Texas Street Bridge in 1947. Many of the buildings in the picture no longer exist. (Interesting that the First United Methodist Church at the end of Texas doesn't have a steeple!)

Another part of old Shreveport: between 1903 and 1917, the Red Light District thrived just west of downtown. With its structure and legal system based on New Orleans Storyville, over one hundred brothels lined the streets, some small "cribs", some huge Victorian houses. It is long gone now but the Twin Blends brothers have unearthed photographs that show what it looked like. The houses are run down and seedy in the circa 1963 pictures but they would have been magnificent when the likes of Annie McCune and Bea Haywood did business there.

It's as Mike says, "We want to speak for the people who seem to have been forgotten: the people in the pictures, the photographers, the children, the men and women who are probably no longer alive. We want to tell their stories." Shreveport has a lot of history, with a lot of amazing stories. The Mangham brothers are willing to devote both time and resources to secure that history.

They're also interested in artifacts "because it makes history even more interesting," so they will often be found at a historical dig in the area, taking pictures and wielding a shovel, if need be. They've been in the vicinity for many of the archeological digs in the area, cameras, drone, and metal detector at the ready. For instance, they were on the spot when the Confederate Monument on the Caddo courthouse grounds was moved and took pictures of the "memory boxes" as they were found and removed.

Barham collection containing all drive-in negatives

Menasco Bridge Shot



Mike (left) and Mark with Laura McLemore and Domenica Carriere at the NWLA Archives at LSUS

The twins are frequent visitors to the Archives at Noel Library, where almost two million pictures, whether printed or in negative form, reside. They spend hours working through collections from long ago. When they find a subject they want to work on, they pull a picture and look through old newspapers online to learn more about it and, if they can, go to the spot where the original photos were taken in order to either get pictures, a video, or a blend. Mike works on editing the photos, making sure both the Archives and the original photographer will get credit. He may colorize the photo to give it a new perspective that black and white pictures don't have. Or he may blend it with new pictures, creating videos of "then" vs. "now". The videos are always informative, fascinating, and, with a little imagination, can pull us into the past. I love watching them – the people on the street, the cars from the "old days", the ability to stand in front of one of the buildings and consider what it would have been like back then – all of this makes me feel that I've found a time machine.

Mark works on putting the descriptions together and edits as necessary. "We work to make sure we put out the best 'product' possible, and collaborate back and forth until we are both satisfied with it," according to Mark. Their hard work is obvious.

The videos they're most proud of are of ones of the Victory Natatorium, a saltwater swimming pool on the McNeill Street side of Hamilton Terrace School; the Shreveport Police Department Heroes; any and all of the videos about the amazing bridges in the area; the Bridges-McKellar Mansion built in 1885, also known as "Theodosia"; Ford Park history; and the Hamel Zoo videos. Each video has been meticulously researched, with hours spent putting them all together.



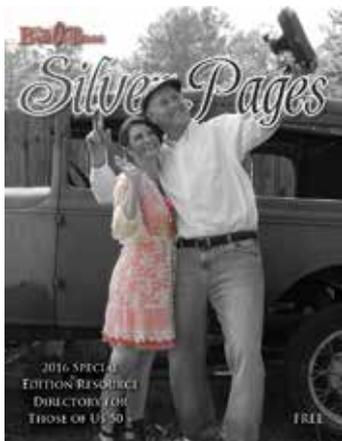
Mike and Mark unearthed photos taken in 1963 that once housed brothels in Shreveport's Red Light District, including this one of the Bea Haywood Brothel. (Photo courtesy of NWLA Archives at LSUS)

When asked about their own favorite pictures and artifacts, they had to think a minute because there are so many choices, but “finding the unmarked envelope in the Jack Barham Collection that had a picture of every single drive-in theater (in Shreveport) was a special thrill.” Probably no one had seen it since the collection had been curated years ago. Their favorite metal-detecting finds are an 1872 U.S. military buckle (Indian Wars era) that Mark found and a Civil War U.S. cavalry spur that Mike found.

Using an old but accurate quote, Mark told me that “pictures are worth a thousand words.” They are willing to do the research necessary to tell not only a story but a fun, interesting, and accurate story. So, the next time you walk or drive through Shreveport and wonder what building used to stand in that vacant lot, you might find a blend by Mark and Mike that will show you, and you can let your imagination do the rest.

Follow Twin Blends on their FaceBook page for more information or to view their blends and videos.

Editor's note: It has been an honor for *The Best of Times* to showcase Twin Blends' photos since February 2016 in our monthly "Shreveport Then & Now" feature. In addition to this month's cover, their blends and photos have also graced the covers of *The Best of Times* in February 2016 and December 2021 and the 2016 and 2017 editions of *Silver Pages*. Please join us in thanking Mark and Mike Mangham for their tireless efforts to bring history to life for all our area's citizens.



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Turning 80, Adam-12's Kent McCord Still on Duty for Fans

*Kent McCord and Martin Milner
in Adam-12 (NBC publicity photo)*



Not even a pandemic could slow down Kent McCord's desire to interact with admirers, even if only through virtual fan conventions.

"I've done several of these online over the last two years and always enjoy talking with fans," said McCord, who turns 80 in September, from his Los Angeles home.

Best known as one half of the crime-fighting police duo on "Adam-12," McCord's Hollywood career can be traced to college days in early 1961 when a fellow student invited him to participate in a friendly game of touch football. The two teams were captained by Ricky Nelson and Elvis Presley!

The informal match led to a friendship with Nelson that sparked McCord's five-decade-long film and television career including a recurring role in "The Adventures of Ozzie and Harriet" and most notably co-starring alongside Martin Milner (1931-2015) in "Adam-12" (see www.kentmccord.com).

"I got a 5-year role playing Rick's fraternity brother in Ozzie and Harriet," noted McCord, who still recalls his only line – "Rick who?" – during a 1962 episode ('Rick, the Host'). It was his first on-screen speaking part.

The popular series was produced by patriarch Ozzie Nelson, who also wrote and directed many episodes. "Ozzie could have picked anyone for the role and I'm sure he chose me because I was Rick's friend," he said. "But those two little words I first spoke changed my life."

Initially, that included uncredited roles in five Elvis Presley movies, followed by more substantial parts in film and televi-

sion, and eventually meeting "Dragnet" creator Jack Webb who brought McCord in to play Officer Jim Reed in several episodes of the revival series "Dragnet 1967" and subsequently "Adam-12."

"The charm of 'Adam-12' was its simplicity," said McCord. "Just two cops in a black-and-white patrolling the streets of Los Angeles. The moral of the stories was simply – crime doesn't pay."

McCord recalls meeting Milner, some 10 years his senior and already a seasoned actor, in the Universal parking lot as the pair waited for a ride to shoot the pilot on location.

"Marty was yawning and told me how he couldn't sleep the night before beginning a new show," recalled McCord. "I'd had a restless evening too, so hearing that from a veteran actor was very reassuring. From that moment on our relationship was cemented."

While his "Adam-12" role brought recognition from audiences around the world, he and Milner also inspired young viewers as well as police organizations that used episodes as training videos.

"To this day I get police officers telling me they became cops because of Adam-12," said McCord. "Others remember how kids approached them differently before and after the show aired. Its positive impact meant a lot to Marty and me." *Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.*



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Supreme Court Surprises

Throughout the decades, controversy has sometimes surrounded Supreme Court Justices – both their nominations and their rulings – and this has certainly been the case in recent times with four new justices added to the bench in almost as many years, the latest following the retirement of Justice Breyer in June.

Traditionally photographed as an imposing cluster of nine Snape-like black-robed figures, the current court consists of Chief Justice Roberts, along with eight sidekick Associate Justices: Thomas, Alito, Sotomayer, Kagan, Gorsuch, Kavanaugh, Barrett, and Jackson.

To learn more about the Supreme Court, I searched on-line for helpful websites, but there was no active site name job4life.gov. That's right, unless justices do something really bad like publicly bragging about turning up for work on the bench without their briefs, they've got the gig for life.

One nugget of interesting Supreme Court history I unearthed concerns a truly odd name overlap. This occurred with the 14th and 15th Chief Justices: Earl Warren (1953-69) was followed by Warren Earl Burger (1969-86) who were, I gather, no relation – just a bizarre name coincidence.

Then there's the media's unofficial naming of a court after the presiding Chief Justice: thus, we currently have the



Roberts Court. So back in 1906, when William Moody was appointed as an Associate Justice, the country was probably relieved he was not chosen as Chief Justice – rulings made by a Moody Court might have unsettled the public.

I also discovered that there's a cafeteria in the Supreme Court building and would love to see their menu over the years. Going back to the 70s and 80s, did some witty chef create and serve Warren Burgers?

And what about current offerings? Can you order a Taco Supreme? What about an Alito Burrito or a bowl of Gorsuch Borscht? Shouldn't Kavanaugh Caviar be a specialty? Can you get a slice of freshly baked Barrett Cake? And surely they served Breyer's ice cream in recent years.

The court, I also learned, has its own gymnasium. This is



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where the court's newest member, Justice Jackson, presumably spent her first days on the new job – at the training bench. I suppose this is also used by members of the media covering court proceedings, because where else would you expect to find the bench press?

On their website, (supremecourt.gov) downloadable activity and coloring booklets are available. Presumably these are for kids, not the justices during lengthy sessions. One features animal figures found in the building architecture. This includes several tortoises meant to represent “the slow and steady pace of justice” rather than the desire of some justices to retreat into hiding after casting a controversial vote.

And did you know the Supreme Court has an (independently operated) gift shop? They sell “books, folders, statues and woven throws, to writing instruments, learning games, jewelry, ties, and scarves” according to their website. Suitably educational and conventional items, perhaps, although not particularly imaginative.

Maybe the justices should consider offering more personal items for sale, such as a line of Action Jackson figures to inspire young girls. And who wouldn't want to stock up on Clarence Thomas bobbleheads for Christmas stocking-stuffers?

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for many newspapers and magazines. See www.getnickt.org.

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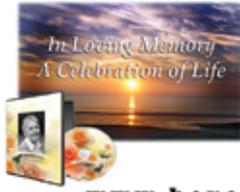
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Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites that meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans. To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses.

Find more game-winning recipes made for homegating and tailgating at www.FreshCravings.com.

Enchilada Lasagna

Recipe courtesy of chef George Duran

Servings: 4-6

2 tablespoons olive oil
1 large onion, chopped (1 cup)
1 deli roasted chicken, skin and bones removed, shredded
2 tablespoons taco seasoning
1 cup chicken stock or broth
8 ounces cream cheese, at room temp
Preheat oven to 350° F.

2 cups shredded Tex-Mex cheese blend

16 ounces Chunky Salsa, plus additional for serving
1 cup fresh cilantro, chopped
nonstick cooking spray
6 flour tortillas (9 inches each)
1 cup tortilla chips, crushed
1 cup shredded cheddar cheese

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.



Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran
Servings: 4-6

2 containers (10 ounces each)

Hummus, any flavor

1 cup sliced cucumbers

½ cup Kalamata olives, seeded and roughly chopped

½ cup canned garbanzo beans, drained

¼ cup crumbled feta cheese

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.

Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.

¾ cup cherry tomatoes, quartered

¼ red onion, finely chopped

2 tablespoons finely chopped fresh parsley

½ lemon, juice only

extra-virgin olive oil

zaatar, for sprinkling (optional)

pita bread or tortilla chips



Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran
Yield: 16 biscuit bites

1 tube biscuit dough (8 biscuits total)

7 ounces grated mozzarella cheese

Preheat air fryer to 350° - 360° F. (*Note:* If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400° F in oven, or until golden brown.)

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

¼ cup jarred jalapenos, chopped

8 slices cooked bacon, chopped

1 cup Restaurant Style Salsa

nonstick cooking spray



WILLIS-KNIGHTON MASTERWORKS SERIES

Beethoven's Ninth Symphony: Revolution in Music Sat., September 24, 2022

7:30 PM

RiverView Theater

Michael Butterman, conductor

The mighty Symphony No. 9 by Beethoven opens the SSO's season with tenor and Louisiana native **Paul Groves**, soprano **Sarah Rees**, GRAMMY-Award winning mezzo-soprano **Michelle DeYoung**, bass **Dennis Jesse** and the **Centenary College Choir**, **Northwestern State University Choir**, **FUMCS Chamber Choir** and **Prisma Vocal Ensemble**. Mr. Groves and Ms. DeYoung open the evening with arias and duets, including *Una furtiva lagrima* and *O sole mio*.

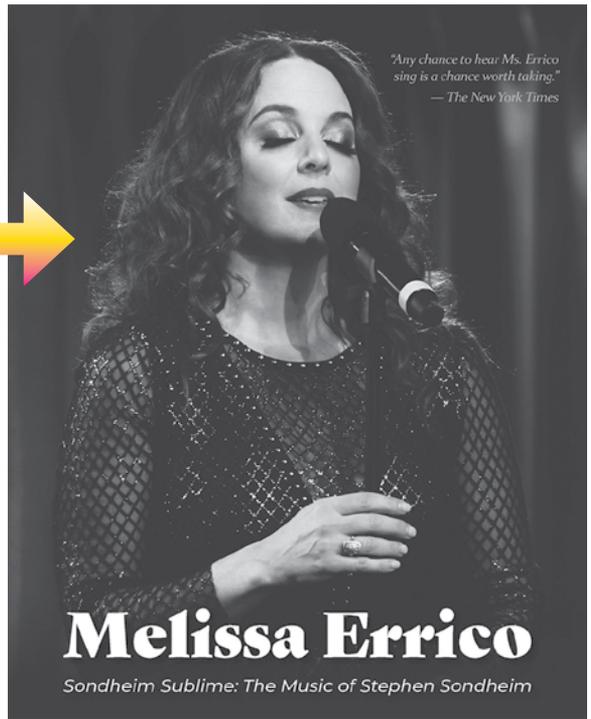
Sponsored by the LSUS Foundation –
Ruth Herring Noel Endowed Chair



shreveportsymphony.com
318.227.TUNE (8863)



SAVE the *Date*



Melissa Errico • The Strand • September 30

CONCERTS



• **Beethoven's Ninth Symphony: Revolution in Music**
Presented by the Shreveport Symphony. Saturday, September 24 at 7:30 p.m. at Riverview Theatre in downtown Shreveport. Beethoven's Ninth Symphony will feature tenor Paul Groves, soprano Sarah Rees, GRAMMY-winning mezzo-soprano Michelle DeYoung, bass Dennis Jesse and four choirs. Tickets are \$20 - \$69. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

• **Melissa Errico - Sondheim Sublime: The Music of Stephen Sondheim**
Friday, September 30 at 8 p.m. at The Strand Theatre, 619 Louisiana, Shreveport. Called "The Maria Callas of American musical theatre," referencing both her silken voice and dramatic, expressive intensity, Melissa Errico, a Tony Award-nominated Broadway star, is an actress, singer, and author. Tickets are \$49, \$39, \$29. Call 318-226-8555 or visit www.thestrand-theatre.com

EVENTS

• **11th annual Hopeful Alzheimer's & Caregivers' Symposium virtual event**
Saturday, September 10, 10 a.m. - 2 p.m. The symposium provides education and information for caregivers of loved ones suffering

from Alzheimer's disease. Program will feature a video in which individuals living with various types of dementia share their stories. Dr. Monica Parker will talk about Alzheimer's. Attorney Joseph Gilsoul will discuss how to apply for Social Security Disability benefits, once a diagnosis is received. Shondale Coleman will discuss hospice benefits available for those with an Alzheimer's

diagnosis. Register at Hopeful2022.eventbrite.com.

• **Weiner Dog Races and Family Fun Day**
Monday, September 5 (Labor Day) beginning at 11 a.m. at Louisiana Downs Casino & Racetrack, 8000 E. Texas Street, Bossier City. The first weiner dog race begins at noon. A children's area with will be set up on the Racing Apron. Food Trucks from

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or online at www.ShowTix4U.com
Or visit our Box Office 812 Margaret Place
Noon - 4 p.m. Monday - Friday





September 1-11, 2022



October 13-23, 2022



December 8-18, 2022



Feb. 23 - March 5, 2023



April 20 - 30, 2023

across the region will also be on the Racing Apron serving up great local bites for purchase. **FREE** family fun. To register your dachshund for a chance to participate, visit www.ladowns.com

FESTIVAL

• **18th annual Highland Jazz and Blues Festival**
Saturday, September 17 beginning at 11 a.m. at Columbia Park, 600 Columbia Street, Shreveport. This **FREE** annual event features local and national jazz and blues artists, great food, and local artwork. Free shuttle service will be provided by AEP Swepco, departing from the Centenary Gold Dome at 3482 Dixie Dr., Shreveport.

FILM



• **"The Quiet Man"**
Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "A Quiet Man", the 1952 American romantic comedy-drama film starring John Wayne and Maureen O'Hara. **September 20 at 10:30 a.m.** Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film. RFC presents the series on the third Tuesday of each month. The movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a

senior discount of \$5 compliments of AARP Louisiana. For more info, call (318) 459-4122 or visit www.rob-insonfilmcenter.org

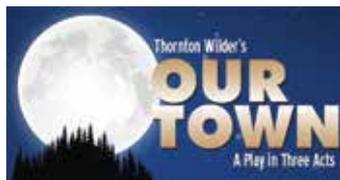
MARKET

• **Bossier City Farmers Market**
Every Saturday through November, 9 AM - 1 PM in the south parking lot of Pierre Bossier Mall, 2950 E. Texas St., Bossier City. Fresh local produce and goodies, and live music. **FREE** admission and parking.

MEETING

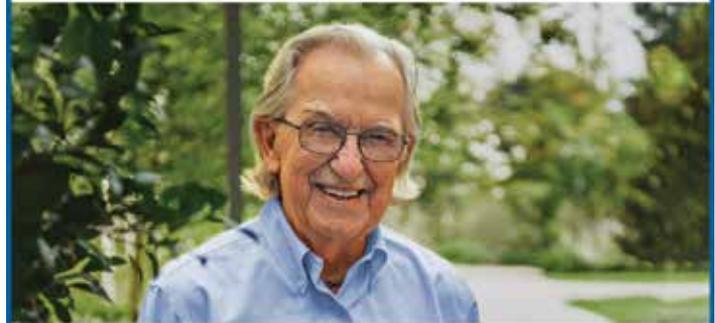
• **ArkLaTex Genealogy Society Meeting**
September 10 at 1:00 p.m. at the Broadmoor Library. Speaker will be Sarah (Sally) Hamer who will discuss Dr. Willis Butler and the 1919 Narcotic Clinic.

THEATRE



• **Thornton Wilder's "Our Town"**
September 1, 2, 3, 9, and 10 at 7:30 p.m.; September 4 and 11 at 2 p.m. at the Shreveport Little Theatre, 812 Margaret Place, Shreveport. Winner of the Pulitzer Prize for Drama, the three-act play tells the story of the fictional American small town of Grover's Corners between 1901 and 1913 through the everyday lives of its citizens. Adults \$25, seniors, students & military \$23. Call 318-424-4439 or www.shreveportlittletheatre.com.

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WORD SEARCH

Locate the words in the grid which are running horizontally, vertically, or diagonally - forward or backward.

Water Birds

- | | |
|-----------|-----------|
| Avocet | Merganser |
| Bittern | Moorhen |
| Booby | Pelican |
| Brant | Penguin |
| Coot | Petrel |
| Cormorant | Plover |
| Diver | Puffin |
| Duck | Scaup |
| Egret | Scoter |
| Eider | Seagull |
| Gannet | Snipe |
| Goose | Spoonbill |
| Grebe | Stork |
| Heron | Swan |
| Loon | Teal |

U S P S S U W H C B I T T E R N I H
 E J O A W S P Q G K O J A V O C E T
 O R Q V A W P O P C G H Y H F H A N
 A C E J N E H O P U W D B S P W A O
 I A G T T E A L O D F O H E O C G P
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 X G E Y P C R A B B B G I L X A C A
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 N J G O D B R E V I D P L S U K L N
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 Y W L J N E I M E R G A N S E R N M
 P L O V E R R N G F S H T K R O T S
 D U I U O A U G S F T M A Y W D D B

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- Mobility assistance
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SUDOKU

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

5								
	7	2	6					5
6		1	4				9	
						8		2
			1		6			4
			7		4		3	
		9						
1		4	5		3			
	3		8			5		9

CROSSWORD

Across

- 1 Barber's supply
- 5 It may be blank
- 10 University mil. group
- 14 Ho-hum
- 15 Kind of engineer
- 16 Kuwaiti leader
- 17 "The Open Window" writer
- 18 Hodgepodes
- 19 Partnership for Peace grp.
- 20 Cooked
- 22 Like some humor
- 24 Rainbows
- 25 From square one
- 26 Development
- 29 Annotation
- 33 Capital of Latvia
- 34 Diving bird
- 35 Dust remover
- 36 Mini-whirlpool
- 37 Refuse
- 38 Deadly poison
- 39 Cause of wrinkles
- 40 River feature
- 41 Takes steps
- 42 Affectionately
- 44 Result
- 46 Summer coolers
- 47 Ticked-pink feeling
- 48 Core out
- 51 Singer
- 55 Genesis twin
- 56 Offer one's two cents
- 58 Make an impression
- 59 Dart
- 60 Short-straw drawer
- 61 Lasting effect
- 62 Rushed headlong
- 63 Phobias
- 64 A stupid or foolish person

Down

- 1 Cook's meas.
- 2 Controversial orchard spray
- 3 Water-skiing locale
- 4 Make strides
- 5 Burn
- 6 Scrabble pieces
- 7 Ardent
- 8 Carnival site
- 9 "Hamlet" setting
- 10 Fame
- 11 Gulf sultanate
- 12 South American monkey
- 13 Relative of a gator
- 21 Gallery display
- 23 Plexus
- 25 Heart line
- 26 First-rate
- 27 Geological formation
- 28 Utah town
- 29 Old-fashioned
- 30 Spinachlike plant
- 31 Japanese knife
- 32 Cast out
- 34 Shopping centers
- 37 Mythical creature
- 38 Unfounded
- 40 Art ____
- 43 Water down
- 44 Inflammatory conditions
- 45 Low-tech missile
- 47 Lost cause
- 48 Lift
- 49 Capital near the 60th parallel
- 50 Animal shelter
- 51 MasterCard alternative
- 52 Rash reaction?
- 53 Defraud
- 54 "Comin' ____ the Rye"
- 57 "The Black Cat" writer

1	2	3	4		5	6	7	8	9		10	11	12	13	
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59							60							61	
62							63								64

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GRAND STRAND Season 38

2022
2023



2022

Melissa Errico - Sondheim
Sublime: The Music of
Stephen Sondheim

FRIDAY, SEPT. 30, 2022 — 8:00 P.M.

Anastasia the Musical

FRIDAY, NOV. 18, 2022 — 7:00 P.M.

A Christmas Carol

THURSDAY, DEC. 1, 2022 — 7:00 P.M.

My Fair Lady

THURSDAY, DEC. 8, 2022 — 8:00 P.M.

2023

The Texas Tenors Celebrate
Broadway and America

SATURDAY, FEB. 4, 2023 — 8:00 P.M.

Chicago the Musical

SUNDAY, MARCH 19, 2023 — 8:00 P.M.

Music City Hit-Makers

SUNDAY, APRIL 23, 2023 — 8:00 P.M.

The Black Jacket Symphony
Presents The Dark Side of the Moon

SATURDAY, MAY 13, 2023 — 8:00 P.M.

THE STRAND THEATRE

(318) 226-8555 or thestrandtheatre.com

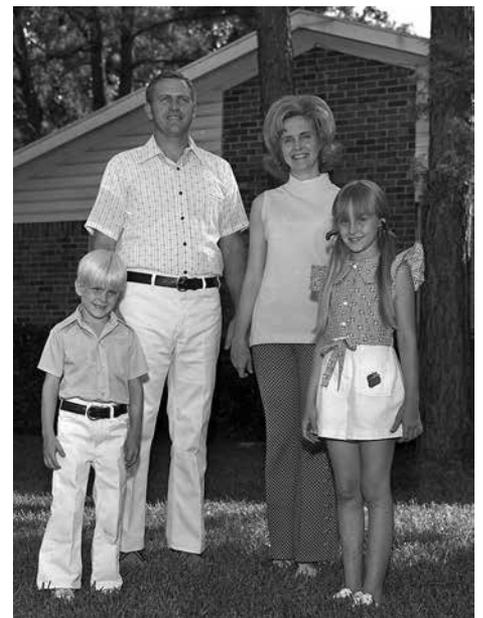
Snapshot SLEUTH

Do you recognize any of the people or recall anything about the events in these photographs?

The Best of Times has partnered with Northwest Louisiana Archives at LSU to identify individuals and events in their collections. If you can help, please email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu.



These photos are from the Lawrence Lea Collection. The sleeve was labeled "Families on the Block", June 1973, but there is no indication of what street or neighborhood it was.





Answers from the Experts



EXPERTS: If you would like to help your community by answering a question here, call 636-5510
READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

How can families determine if their loved one needs in home care services?

Older adults may not admit they're struggling because they don't want to lose their independence. There are many warning signs that indicate that a loved one may need in-home care. These signs may include memory problems, accidents such as falling in the home, or struggling to perform daily tasks such as bathing, dressing, toileting, cooking, etc.



Keith Carter, CEO/Owner
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(318)424-5300
See our ad on page 32.

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



Toni Camp
Regional Hospice Shreveport
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 11, 40.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive
Suite 210
Shreveport, LA 71105
(318) 424-3400

Why did I need reading glasses when I hit 40 years old?

When we read, our natural lens thickens allowing magnification. We call this accommodation. As we age, we slowly lose the ability to accommodate and when we reach our early 40's we can no longer focus within arms reach. This is a normal change of aging and is easily corrected with reading glasses. Some patients will opt for contact lenses to allow one eye to see distance and one eye to see near. This is called monovision and allows people to see all distances without glasses.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 17.

PUZZLE answers (from pages 32 & 33)

T	A	L	C		S	T	A	R	E		R	O	T	C
B	L	A	H		C	I	V	I	L		E	M	I	R
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7	3	6	8	4	1	5	2	9

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CCOA 50th ANNIVERSARY

Caddo Council on Aging celebrated 50 years of providing services and resources to individuals aged 60 or older in Caddo Parish at a banquet on June 23 at Sam's Town Casino. The Council honored 17 outstanding seniors that have demonstrated individual accomplishments, extraordinary tasks, or a commitment to service through their acts of caring toward the citizens of Caddo Parish. Honorees include: Gwendolyn Anderson, Betty A. Brooks, Elbert Brown, Ruthie Capers, Dr. Paula Click-Fenter, John Davis, Carrie Grossley, Chvonne Hawkins, Chris Horne, Grace Kinnebrew, Shirley Lewis, Martha Maple, Dr. Carl Rhoads, Shelley Ryan-Gray, Dock Voorhies, and Rev. Rowena White.



Brian Byrd, Stephanie Arnold, Brian Garrett, Dr. Kyle McGee



Monica Wright congratulates honoree Carrie Grossley



Honoree Grace Kinnebrew with her sons



Sylvia Carter, Kennedy Carter, Kim Carter, and Keith Carter



Honorees Dock Voorhies and Dr. Paula Click-Fenter



Tracy Smith, Debbie Kaglear, Rika Kibby-Lord, Ellie Watson

KREWE OF CENTAUR

The Krewe of Centaur presented their 2022 Midway to Mardi Gras royalty announcement celebration on August 13 at the Bossier Civic Center. Theme of the evening was "Let Our Dreams Take You Away".



(Left to Right) Duke & Duchess of Food Matt Freeman and Kimberly Aulds, Duke & Duchess of Frolic Sean Pieper and Karla Sweeney, Duchess & Duke of Fantasy Cindy Henry and Russell Henry, Duchess & Duke of Fun Abby Arledge and Ryan Williams



Queen XXXI Tina Tomasek, Captain XVIII Byron Trust, King XXXI Danny Lowery

SILVER SCREENINGS

The Robinson Film Center's Silver Screening of the classic and award-winning movie "Murder on the Orient Express" was held on August 16. The movie was followed by an Asian buffet lunch prepared by Abby Singers Bistro.



Lisa and Dennis Miller



Bonnie Stansell, Bob Wilkinson, Beverly Bowers, and Marilyn Varnell



Cherry Jones, Carolyn Bounds, and Bettyrae Jordan

KREWE OF ELDERS

The Krewe of Elders hosted its 25th anniversary celebration and royalty coronation on August 20th at the Moose Lodge in Shreveport. Their theme was "Black & White and Read All Over".



Elders King Gary Hudson and Queen Jane Hudson



Duchesses Marilyn Creswell and Sharon Davis, Duke Jesus Egua, Co-Captain Pat Stell, and Captain Wanda Cunningham



SILVER SCREENING PROGRAMMING

This matinee and luncheon for senior citizens showcases a classic film on the 3rd Tuesday of each month. The movie begins at 10:30 a.m. and is followed immediately by a buffet lunch.



THE QUIET MAN
SEPTEMBER 20, 10:30AM

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Louisiana

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Big news, LOUISIANA!

Humana Gold Plus H1951-049 (HMO) earned 5 out of 5 stars for 2022—the highest quality rating—from CMS*



The CMS Five-Star Quality Rating System is designed to make it easier for consumers to choose a Medicare plan, by comparing plans side by side and giving them a quality rating from 1 to 5 stars.

5-star plans have demonstrated a high level of member satisfaction, preventive care and chronic condition support, and outstanding customer service. You can expect:

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- Coverage for virtual visits and in-home visits
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- SilverSneakers® fitness program
- Access to a network of quality doctors
- Go365® rewards program
- And more

If you are enrolled in a plan rated less than 5 stars, you may switch to a Humana 5-star plan even after the Annual Election Period ends. The 5-Star Special Enrollment Period runs from Dec. 8, 2021 through Nov. 30, 2022.

Your local, licensed Humana sales agent is ready to talk with you about your healthcare needs and goals, walk you through Humana 5-star plans available in your area, and help you understand what a 5-star plan can do for you.



Stop by and See a Humana sales agent
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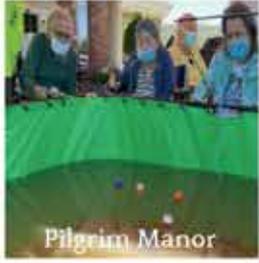
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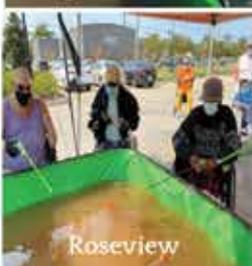
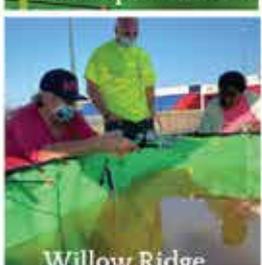
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